



# Prostate Formula



Nutrient

Standardized Saw Palmetto  
 Stinging Nettle Extract 4:1  
 Standardized Pygeum africanum  
 Ground Pumpkin Seeds

Source

saw palmetto berry  
 nettle root  
 pygeum africanum bark  
 pumpkin seeds

2 tablets contain:

Nutrient	Amount	% Daily Value
Standardized Saw Palmetto	320 mg	*
(25% Fatty Acids & Sterols)	80 mg	*
Stinging Nettle Extract 4:1	300 mg	*
Standardized Pygeum Africanum	50 mg	*
(2.5% Sterols)	1.24 mg	*
Ground Pumpkin Seeds	100 mg	*

Most men over the age of 30 are concerned about the health of their prostate gland. Arbonne's unique Prostate Formula helps to alleviate some of these concerns. Arbonne's Prostate Formula lets you know that you're doing something beneficial for yourself. A combination of various herbs used successfully for years to help with prostate problems, Arbonne's Prostate Formula is based on scientific research and uses standardized herbs, to ensure the same amount of active component in each tablet. This unique combination of saw palmetto, stinging nettle, pygeum africanum and pumpkin seeds provides the body with natural ingredients that help balance the male hormones that can have a negative effect on the prostate gland.

Recommended For: Supporting prostate health.

When to Use: With morning and evening meals.

Usage: Take 2 tablets daily, with meals.

Herb Functions

Saw Palmetto - In men, helps to increase urinary flow, reduce residual urine and decrease frequency of urination. <sup>1</sup>

Nettle - Significantly reduces the need to get up at night to urinate. <sup>1</sup>

Pygeum Africanum - Men taking pygeum have reported a significant improvement of prostate enlargement. <sup>1</sup>

Pumpkin Seeds - A traditional treatment for prostate enlargement in Bulgaria, Turkey and the Ukraine. <sup>1</sup>

References:

1. The Green Pharmacy, J. Duke, Ph.D.

*Prostate enlargement is currently estimated to affect over fifty percent of men during their lifetime. Studies show that prostate enlargement currently affects five to ten percent of men thirty years old and ninety percent of men over the age of eighty five.*

People with known medical conditions should consult with a physician prior to taking supplements



\*Daily Value not established